

HOME DELIVERY CALL 905-732-2411

THURSDAY, SEPTEMBER 6, 2012

www.pelhamnews.ca



Call Me Today! **905-733-8996**
www.pennysold.com
Office: 905-892-0222



Pelham News

Published by Sun Media Publishing Inc. • Issue No. 36 Volume 36

ROYAL LePAGE

Niagara Real Estate Centre Inc., Brokerage
Independently Owned and Operated

House WORTH?

GO TO:
www.colipoint.ca
905-892-0222



1815 Merritville Hwy. • Fonthill

■ **STRATEGIC PLANNING:** Workshop session suggests to new CAO 'I need to row the boat'

Pelham councillors, town staff preparing vision for future

WAYNE CAMPBELL
PelhamNEWS Staff

Town councillors and senior staff have found they've made progress — but have a long way to go.

Still, in a review of a 14-page 2011 strategic plan, during a special council meeting at Lookout Point Country Club on Wednesday, they could point to

successes.

The town, for example, completed its official plan after almost 10 years of work.

It built a recognition program for community volunteers through an awards ceremony.

And it brought to fruition a community improvement plan to enhance downtown buildings.

Pelham resident Angela Carter, of Angela Carter Enterprises, facilitated Wednesday's workshop meeting, as she did for one from which the 2011 strategic plan evolved.

She will prepare a report for the Sept. 17 council meeting detailing progress made as well as steps ahead.

In an interview, Carter said this week's session went "very well."

"There was a lot of focus and (council and staff) stayed on track."

see STRATEGIC PLAN | page 2



WAYNE CAMPBELL Staff Photo

Karen Williamson, left, and Angela Carter of Angela Carter Enterprises acted as facilitators at a Pelham town council strategic planning workshop on Wednesday. They helped town councillors and senior town staff review progress with the 2011 plan and prepare action plans for next steps.



PERSONAL TOUCH
Home Improvements

Professional Work with a Personal Touch

2801 Hwy 220 EAST • FONTHILL 905-892-8177



DEBBIE PINE

Sales Representative

www.pinesold.com

#1 Producer for Royal LePage Fonthill, 2010 • Diamond Award Winner 2010
• Award of Excellence 2010 • #5 Individual Producer for Royal LePage Niagara, 2010

Office: **905-892-0222** • Sell: **905-321-2261** • debbiepine@royallepage.ca

ROYAL LePAGE

Niagara Real Estate Centre, Brokerage
Independently Owned & Operated

upfront

■ STRATEGIC PLAN

'Tremendous changes' next months and years

FROM PAGE 1

Council, she said, not only looked toward the end of its term, but also beyond by setting up the next council.

"It shows they care about the future of the community."

Ward 3 Coun. Peter Papp in a summary discussion said he felt very good about the atmosphere among councillors and staff.

"The whole temperament has changed, we are working toward a common goal."

In the past year, the town changed its chief administrative officer, fire chief and director of community and infrastructure services.

In the future, Papp said, the municipality must further

engage the public.

Ward 2 Coun. Gary Accursi said council and staff are in a position "to become more proactive rather than reactive" as they work toward a long-term vision.

Darren Ottaway, Pelham's new CAO, said the strategic plan and workshop "gives me the proper direction I need to row the boat."

The town will face "tremendous changes that will come fast and furious" as the east Fonthill development starts to roll out over the next few months and years, he said, of a territory that could accommodate as many as 5,000 people in new subdivisions stretching along Rice Rd.

wayne.campbell@sunmedia.ca

STRATEGIC PLAN IN BRIEF

Six strategic themes are priorities for the coming years:

- An open, welcoming and inviting community
- A connected community

WHAT'S AHEAD

- Regular progress report card to council
- Information package for new residents and businesses
- Computerize council chambers
- Energy audit of town facilities
- Encourage new businesses to complement existing ones to promote community events
- Set 20-year goals for infrastructure
- Maintain tree replacement: two for every one removed

Lampman
Funeral Home

724 CANBORO ROAD
FENWICK (905) 892-4701

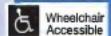
**Our Family Serving Your Family
For Over 100 Years**

Since 1911



Irvine Muir

Terry Mikolasek



I have a great family relocating to Fonthill, looking for a home just like yours!
"we need 3 bedrooms, 3 baths, any style"

Christine Gazzola
Sales Representative
905-323-7056
christinegazzola.com

RE/MAX
Garden City Realty Inc., Brokerage



■ PELHAM CARES...ABOUT BACK TO SCHOOL



WAYNE CAMPBELL, Staff Photo

Members of the Independent Riders Motorcycle Club with Hemi 69 donated backpacks filled with school supplies to Pelham Cares. The club and band raised money during a summer-long series of Wednesday motorcycle nights at All Stars Tap & Grillhouse in Fonthill. Money from 50-50 draws and donations also went to cancer research fundraisers. Front from left are Darlene Murdock, Beth Cotter of Pelham Cares, Larry (Bullet) Davidson, Elliott Robbins and Michael Lagrave. Band members in back from left are singer Tim Oliver, keyboardist Paul Devine, drummer Dennis Reimer and bassist Derek Carr.

TJ'S Green Clean**Professional Cleaning**

For Residential Homes
& Small Businesses.
Using our Environmentally
Friendly Cleaning Process

Free Estimates
Discount for Seniors
Call 289-696-0365
www.tjsgreenclean.com

tempo

■ PROJECT: Mayor's Youth Advisory Committee event

Outdoor movie night draws crowd to Peace Park

WAYNE CAMPBELL
Pelham NEWS Staff

The second Pelham Outdoor Movie Night drew about 400 children, children and teens to Pelham Peace Park Wednesday.

It was far more than the first night held last August, said community services coordinator Katie Thorpe.

The Mayor's Youth Advisory Committee organized the event expanding it to a double feature evening with *The Lorax* and *The Hunger Games* as well as two locally-made short films, *Double* by Daniel Pante and *Open Happiness* by Natasha Pantel.

The first year Outdoor Movie Night featured one movie. The committee said it was definitely doing it again next year, said Thorpe.

The local films were

the winners from Niagara Nights of Art Young Filmmakers contest held during Summerfest in July.

Next year MYAC will repeat the contest and expects to see more entries.

"We've seen what it's like on the big screen," said Thorpe.

The Outdoor Movie Night was originally suggested during a day-long Youth Forum two years ago.

Mayor Dave Augustyn before the show praised Madeline Wallace who acted as committee chair to organize the project.

Before the evening, a poll was conducted to select the feature movies from among six family and four teen movies.

About 200 voted in the online and paper-ballot poll, said Wallace.

wayne.campbell@summedia.ca



WAYNE CAMPBELL Staff Photo

Members of the Pelham Mayor's Youth Advisory Committee prepare for Outdoor Movie Night at Pelham Peace Park. The night held Wednesday drew about 400 children and parents to watch a double feature with two local film shorts. Front is Pelham community services coordinator Katie Thorpe with committee members from left Alyssa Girotti, Ankit Sehgal, Jenna Plunno, Miley Ross, Emma Caldwell, Madeline Wallace and Brian Puffer.



WAYNE CAMPBELL Staff Photo
An audience watches *The Lorax* during an outdoor movie night Wednesday at Fonthill's Peace Park.



■ JUNIOR FAST-PITCH CHAMPS

Supplied photo

Allied Marine came in first place in the regular season and were playoff champions in Fenwick Softball's Junior fast-pitch season which ended on Aug. 25. In photo are front row from left: Tessa Klevit, Thomas Dam, Kyla Klevit, Mackenna Belding, Natalie Anderson, DJ Petrovsky; and back row from left, Jacob Boake, Aiden Belding, coach Aaron Belding, Taryn Petrovsky. Absent from photo: Ashlyn Belding, Taylor Glensgen & Dedekka Venderfer. Thanks to their Coach Aaron Belding and assistants Wiebe Van der Kerk & C.J. Dam. Duliblin Insurance also scored in the season and second in the playoffs. Thanks to their coach Rick Thompson and assistant Barry Lawrence. Also special thanks to Junior sponsors and coaches: Gilbert's Flowers with their coach Dave Hillhouse and Niagara Pre-Hung Doors with their coaches Dana Reece, Chad Free and Todd Farion. Thanks so much to all our sponsors and coaches.

Queensbury Securities Inc.
Galant Financial Services
"Superior Service
and Advice
You Can Trust!"
Stocks • Bonds • Mutual Funds • Insurance
Larry J. Galant, Financial Advisor
1450 Pelham St. Unit 4
Fonthill, ON L0S 1E7
Office: 905-892-2100 Cell: 905-890-4677
larry.galant@queensbury.ca

Pelham News

Published by PelhamNEWS
 Sun Media Corp.
 228 East Main St., Welland, ON L3G 1E0
 Tel: 905-732-2414 ext.246 Fax: 905-732-3660
 e-mail: pelham.news@sunmedia.ca
 wayne.campbell@sunmedia.ca
 Ken Kayser
 PUBLISHER, GENERAL MANAGER
 Wayne Campbell, editor



perspective



Wayne Campbell
EDITOR

Tapping into home talent

A line sitting in the town's strategic plan opens up possibilities for citizen participation unique to the town.

Under the topic "An engaged and integrated community" in a subsection called "Welcoming new ideas within the community" there is a bulleted line: Better utilize community expertise in volunteer opportunities.

When you absorb the formal spin, you release it suggests asking experienced people living in town for their cents on a proposed project.

Paternalism has a lot of "community expertise."

As a well-off community loaded with health workers, engineers and others who could run an international corporation from a local coffee shop.

Engineers of every stripe are scattered throughout Fonthill, Fenwick, Ridgeville and North Pelham.

Entertainers record music, artists run studios and writers are tucked away in garrets.

Computer whizzes range the world from their basements.

Professional and amateur gardeners, horticulturists, farmers and foresters mix with naturalists and birdwatchers.

We have walkers, hikers, cyclists and fitness instructors, as well as amateur and professional athletes and coaches.

There are doctors, nurses, police officers, firefighters, teachers, professors and researchers.

You get the picture. Pelham is loaded with talent and expertise in both its working and retired populations.

What town council is searching for in its strategic plan is a way to use this on a volunteer basis.

Advisors could assist town councillors and town staff when they are contemplating a project or dealing with a problem.

To sure a lot of this goes on informally, what the strategy suggests is creation of a reference list.

It would have to be done cautiously to avoid misunderstandings. The expert would just make observations, point out pitfalls and mention shortcomings.

It would remain the responsibility of councillors and staff to find the resources and do the work.

wayne.campbell@sunmedia.ca

comment

Niagara-only wards good for region: MPs

WAYNE CAMPBELL
 PelhamNEWS Staff

WELLAND — Niagara's four MPs are taking proposed riding boundary changes in stride.

The **Federal Electoral Boundaries Commission** for Ontario has redrawn boundaries of three local ridings. The recommendations were made public Monday.

Dean Allison said he likes his riding's change. The Niagara West-Glanbrook Tory MP also called it an improvement for Niagara.

"I always felt Niagara warranted four full seats," he said Tuesday. "Right now it has three and three-quarters."

For this riding, the commission would change the name to Niagara West, drop a Hamilton section, and add Thorold and southern St. Catharines — the latter two now part of Welland riding.

"For the people of Hamilton who found themselves in a Niagara riding, there was always a disconnect," Allison said.

Allison said he is familiar with the area around Brock University but, if he is nominated to run in the new riding, he would have to get to know Thorold.

"It's a natural extension from Pelham," he said.

Niagara West, would include Pelham, West Lincoln, Lincoln and Grimsby, now in Allison's riding.

■ LABOUR: Possible strike averted

College, faculty union sign tentative agreement

VICTORIA GRAY
 PelhamNEWS Staff

Niagara College looks to have averted another strike.

Ontario's 24 colleges announced last week they have reached a tentative agreement with faculty — but it doesn't quite give faculty what they wanted.

Sherri Rosen, president of OPSEU local 242, Niagara College's union local, said she is happy an agreement has been reached, but it leaves much to be desired.

"We wanted three things: more academic freedom, recognition of the time it takes to put together online courses and more security for partial load staff," she said.

The two sides are back on a one-year deal from September 1, 2012 to August 31, 2014, that states faculty salaries will be frozen, but eligible faculty can still move through their pay grid, and part-time staff will be the first considered for full-time positions and faculty benefits will remain untouched.

"So we did get some recognition for partial-load staff, but that's all," she said.

Welland MP Malcolm Allen said he has just started looking at the changes for his riding, which in addition to losing northern territory would add Fort Erie to Welland, Port Colborne and Wainfleet. He wants to know what people in both areas have to say.

"This is just the start of a process," the New Democrat said of the proposal stage.

The commission will hold a hearing at Niagara Falls city hall on Monday, Oct. 29, at 1 p.m. The commission, which is also receiving written comments, makes its final report next year.

The New Democrat Allen, like Allison, said four ridings entirely within Niagara will give the region a stronger voice in Ottawa.

"We lost five (in the 1990s) but that changed with the last census. This happens every 10 years," he said.

"It's a matter of communities of interest as well as population," Allen said about the composition of ridings.

St. Catharines MP Rick Dykstra is delighted with the boundary commission's recommendations.

"I must be the only MP in the country whose riding hasn't changed. Even the boundary folks know when to leave perfection alone," he quipped.

Under changes elsewhere, Niagara Falls MP Rob Nicholson would see his riding lose Fort Erie, but while keeping Niagara Falls and Niagara-on-the-Lake.

■ The proposed new districts in the province include two each in Brampton, Durham, Markham and Toronto. Singles would be added in Cambridge, Hamilton, Mississauga, Oakville, Simcoe and York.

■ Electoral districts are assessed every 10 years following each major national census.

Gord Hunchak
 We are very happy an agreement was put in place before school year. It allows us to get the year started normally and I think we're all happy about this."

She said faculty did want more money, but it wasn't a priority. The priorities were improving faculty's ability to work and teach.

"Our working conditions are learning conditions for students. We are fighting to preserve class hours and giving teachers who have the credentials the ability to make academic decisions, and when we talk about proper time, we mean to develop and teach courses online and all things benefit students as well," Rosen said.

Gord Hunchak, Niagara College's acting vice-president of student and external relations, said he, too, is glad a agreement was reached.

"We are very happy an agreement was put in place before school year. It allows us

"While I would be disappointed if Fort Erie was no longer part of Niagara Falls riding, the commission's work is ongoing," he said.

"I encourage everyone to take the opportunity to voice their opinions on boundary changes during public hearings held by the independent commissions."

wayne.campbell@sunmedia.ca

REDISTRIBUTION

■ The Glanbrook section of Niagara West-Glanbrook would shuffle in with other Hamilton electoral districts to give that city an extra riding.

■ Ontario would gain 15 electoral districts as a result of the increase in its population to 12.9 million in the 2011 census, up from 11.4 million in 2001. Now it has 106 seats in the 308-seat House of Commons. The increase would bump it to 121 in a future election of 338.

■ The proposed new districts in the province include two each in Brampton, Durham, Markham and Toronto. Singles would be added in Cambridge, Hamilton, Mississauga, Oakville, Simcoe and York.

■ Electoral districts are assessed every 10 years following each major national census.

to get the year started normally and I think we're all happy about this," he said.

He understands faculty didn't get everything they wanted, but he said due to the economy right now the agreement is a fair one.

"We think it's a fair deal and with the current financial constraints in province and we're looking forward to great start to the year," Hunchak said.

Sonja Del Missier, chair of the colleges' bargaining team, had this to say:

"This is a good news for our students, faculty and management, as it secures a new contract for two years and removes the threat of a strike.

victoria.gray@sunmedia.ca
 Twitter: @VixxyG

■ CONSERVATION: Doug and Sharon Leavens

Pelham couple receives stewardship award

For PelhamNEWS

GEORGETOWN - Pelham residents Douglas and Sharon Leavens have been honoured with a Niagara Escarpment Achievement Award for the outstanding environmental stewardship of their property.

At the Aug. 16 award presentation, Niagara Escarpment Commission (NEC) Chair Don Scott acknowledged the couple for their contribution to the Niagara Escarpment Biosphere Reserve, highlighting the work they have undertaken to maintain and enhance the Escarpment's natural landscape.

Several tributaries of the Twelve Mile Creek, considered by Ontario's Ministry of Natural Resources to be critical fish habitat, cross the couple's property.

The landowners worked closely with Ducks Unlimited to establish a pond wetland area, planting wetland plants around their pond to enhance habitat health. Additional planting was also undertaken,

in partnership with the Niagara Peninsula Conservation Authority, to establish a forested corridor to connect the property's existing woods.

"The Niagara Escarpment Plan aims to maintain and enhance the quality and character of natural streams and water supplies, and the open landscape character of the Niagara Escarpment," said NEC Chair Don Scott.

"The landowners have taken great care to preserve and enhance the natural features of their Niagara Escarpment property, and the NEC is pleased to acknowledge their efforts with this award."

The Niagara Escarpment Commission's Achievement Awards recognize individuals and groups for outstanding accomplishments, including exceptional funding donations, innovative landscaping, environmental restorations, and lifetime achievement for outstanding contributions to the conservation and stewardship values embodied in the Niagara Escarpment Plan.



Supplied photo

Pelham residents Douglas and Sharon Leavens are honoured with a Niagara Escarpment Achievement Award for the outstanding environmental stewardship of their property. From left, Brian Bayly, Niagara Escarpment Commissioner for Niagara Region, award recipients Doug and Sharon Leavens, and NEC chair Don Scott.

ROWING PROGRAMS



SOUTH NIAGARA ROWING CLUB

Making Friends Since 1975

Learn to Train: Youth
July 2nd to July 20th, 2012 or
July 23rd to Aug. 10th, 2012
Monday to Friday
4:30-6:00p.m.

Must be born prior to 2000

REGISTRATION:
June 9th or 23rd

9:00-12:00p.m. at the SNRC Table
270 Colborne St. Welland

(Across the canal from the former John Deere Plant)

Adult Recreational League
Beginners and Experienced Welcome
July 2nd to Aug. 15th
Mondays and Wednesdays
6:00-8:30p.m.

New Rowers
are always welcome!

FOR MORE INFO PLEASE VISIT OUR WEBSITE AT:
WWW.SOUTHNIAGARAROWINGCLUB.CA
Contact us at (905)-734-7815 or info@southniagararowingclub.ca

Buy in BULK! BIG SAVINGS

PREMIUM TRIMMIX
SOIL
\$40 cu.
yd.

CEDAR AND PINE
MULCHES
\$48 cu.
yd.



**WE SELL, DELIVER AND PLANT BEAUTIFUL
UNIQUE TREES, SHRUBS & PERENNIALS AT
AFFORDABLE PRICES!**

- Shade Trees
- Flowering Shrubs
- Evergreens

20% OFF

- Perennials
- Ornamental grasses
- GARDEN DECOR

PLUS many more in store specials!

* While supplies last



**Garden Centre
And Gift Store**
Premium products,
great service,
fair prices...always!

■ RIBBON CUTTING?

Raymond Haymes, left, co-owner of Fonthill's Churchill Natural Meats, is pictured holding a string of freshly made wild mushroom sausages with co-owner Mark Wikston and, in centre, Pelham Mayor Dave Augystyn to cut and officially open the butcher shop. The shop only sells local, hormone-free products, makes sausages on site and smokes its own lunch meat.

VICTORIA GRAY Staff Photo



■ pelhambriefs

DEAL FOR AIRPORT

NIAGARA-ON-THE-LAKE — Agreements have been reached between the Niagara District Airport commission and Allied Services of Canada. Allied Aviation will provide fuel storage and supply and "into plane and de-icing service" at Niagara District Airport. Allied will also provide traditional operation services such as aircraft storage, passenger and pilot lounges, flight planning and passenger support.

The deal, which is about 40,000 aircraft movements a year and Allied anticipates the growing popularity of the region will mean more flight activity at the airport.

The initial contract term is for five years, with options to extend the term for a total of 15 more years.

Niagara District opened in 1929 and later provided training services to the Royal Canadian Air Force during the Second World War.

Queensbury Securities Inc.

Move Your Retirement Investments in the Right Direction!

Gallant Financial Services
"For all your Full Service Brokerage Needs"

905-892-2100

Member of the Canadian Investor Protection Fund

Larry J. Gallant
Financial Advisor

Back to School, Time to Revisit the Basics of Investing



Larry J. Gallant
FINANCIAL VIEW
ADVERTORIAL

The summer of 2012 will most likely be remembered as one of the hottest on record. Hopefully you didn't suffer too much from the rising temperatures and dry weather while tending the occasional sunburn. Perhaps you thought ahead and protected yourself with a good sun block to avoid the sudden shock of a nasty burn.

Investing in the market is really no different. It's been about five years since the world markets started showing signs of stress and although we are seeing good signs of recovery here in North America, European and Asian markets have been uncertain and continue to sputter. As a result, some people are reluctant to move their money back into the stock market, feeling that they've already been "burned" these past few years.

If you're one of those people who are feeling uneasy about your investment portfolio, whether it be in an investment account, Retirement Savings Plan, Tax Free Savings Account or other investment account, you should know that, just like a good sun block to protect you from a sunburn, there are ways to lessen your exposure to market downturns. Proper asset allocation will allow you to feel more comfortable and protect your investments from derailing your financial goals.

So what is the lesson to be learned? It's time to revisit the basics of investing. Unless you have incredible risk tolerance, the investments in your portfolio should be allocated to reflect your comfort level and investment time horizon. Eventually the money invested will have to be removed for your use. It is imperative that your money is available when needed and that it has grown sufficiently to justify the investment in

the first place.

"Often the problem with portfolios is that the assets are not properly allocated"

I know many investors have been less than enthusiastic about the performance of their investments this year. They contact me each week looking for a second opinion on their portfolio that someone else is managing. Often the problem with portfolios is that the assets are not properly allocated and the investments don't match the investor's risk tolerance.

At Queensbury Securities, I take the time to get to know you. We'll discuss your financial goals, quality of retirement and what you want your financial health to be, now and in the future. Investing in the market need not be scary or

unpleasant, but it does need to be done properly with the right Financial Advisor guiding you along the way.

To discuss this article or to arrange for a free no obligation review of your portfolio and retirement plans, please contact me at 905-892-2100, larry.gallant@queensbury.com or visit my website at www.gallantfinancial.ca

Larry J. Gallant is an independent, full service Financial Advisor with Queensbury Securities Inc., a member of the Canadian Investment Protection Fund and the Investment Industry Regulatory Organization of Canada.

The comments and opinions expressed herein are not necessarily the opinions of Queensbury Securities Inc. Securities mentioned may not suit all types of Investors. Before making any investment decision, contact your investment advisor to discuss your investment needs.

Thomas

AUDIO VIDEO APPLIANCES
UNLIMITED UNLIMITED

HOURS: MON-WED 9-6 • THURS & FRI 9-7 • SAT 10-5 • SUN 1-5
130 THOROLD RD., WELLAND ON 905-788-3221
WWW.THOMASTV.COM

NOW OPEN
SUNDAY
1-5PM



REGIONS FAVORITE AUDIO /
VIDEO STORE. SOON TO BE YOUR
FAVORITE APPLIANCE CTR

THE THOMAS ADVANTAGE

- 49 YEARS TAKING CARE OF AND MAKING HAPPY FAMILIES IN NIAGARA
- ADCHEQUE PRICE GUARANTEE GIVES YOU LITTLE TOWN SERVICE WITH BIG TOWN PRICES
- ESP THE BEST WARRANTY COVERAGE IN THE BUSINESS, LET US TAKE CARE OF "YOU"
- EXPERTS IN THE HOME ENTERTAINMENT INDUSTRY. OUR STAFF SHARE OVER 150 YEARS OF COMBINED EXPERIENCE.

FRIGIDAIRE AFFINITY 7 CU. FT. ELECTRIC DRYER

FRIGIDAIRE AFFINITY 4.2 CU. FT. FRONT LOAD WASHER

- Electric Dryer**
 - saves time... dries clothes in 25 min
 - same cycle for delicate and plush toys
 Model #FADW327W

- Front Load Washer**
 - advanced vibration control for quiet use
 - fresh water rinse
 - easy control design
 Model #FADW327W



NOW ONLY
~~\$1,499~~
\$1,299
+HST

FRIGIDAIRE GALLERY 24" BUILT-IN DISHWASHER

FRIGIDAIRE GALLERY 25.8 CU. FT. FRENCH DOOR REFRIGERATOR

FRIGIDAIRE GALLERY 24" STAINLESS STEEL ELECTRIC DOUBLE OVEN RANGE

- Dishwasher**
 - quiet dishwasher
 Model #FDDB2431WF
~~REG-\$550~~ \$479

- Refrigerator**
 - quick ice
 Model #FGN2025DFE
~~REG-\$229~~ \$1499 After Rebate



NOW ONLY
~~\$5,749~~
\$3,699
+HST

NEW TABLETS FROM SONY & SAMSUNG



NOW ONLY
\$249.99

NOW ONLY
\$349.99
10"

RECEIVER / INTEGRATED AMPLIFIER



- Speakers**
 - elegant Yamaha Piano Black finish
 iPod/iPhone dock

OTHER SIZES

- | | |
|-----|--------|
| 40" | \$849 |
| 46" | \$1049 |
| 50" | \$1149 |
| 60" | \$1999 |

NOW ONLY
~~\$1,999~~
\$1,479
+HST

SONY CLOCK RADIO WITH IPOD, IPHONE DOCK



REGULAR PRICE
\$59.99
FACTORY
REFURBISHED

NOW ONLY
\$49.99
HALF
PRICE

COME SEE OUR NEW 1000 SQ FT SHOWROOM

2013 Adult Memberships
Now Available
\$499* *Monday to Thursday (excluding holidays)
starting at **\$499*** + tax
Pay Now and play rest of the season for **FREE!**
LIMITED TIME OFFER
Other Memberships also available.
Call us Today for more information.

Pelham Hills Golf Club
196 Webber Road, Pelham, Ontario
905-735-6768
www.pelhamhills.ca

SKATECANADA NIAGARA CENTRE SKATING CLUB
Provides nationally sanctioned recreational & competitive skating programs offered at the Welland and Pelham Arenas

Learn to Skate

- Figure Skating • Power Skating
- Adult Skate

FALL & WINTER PROGRAM REGISTRATION

- Saturday September 15th, 9am-1pm at the Welland Wellness Centre (145 Lincoln Street)

*** Informal registration available at the Welland youth arena during skating hours, see the schedule on the web site for times
www.NIAGARACENTRESKATINGCLUB.ca
Tel. 905.788.2627



LIKE US ON FACEBOOK

www.facebook.com/wellandtribune

*A Church
partnership begins...*

On September 9, 2012 two local churches will start holding Sunday worship services at different times to enable a closer worship and working relationship to develop.

Fonthill United Church,
42 Church Hill

will hold Sunday services at 9:30 am
- Rev. Dr. Garry van Bruchem, minister - and

Fenwick United Church,
1050 Church Street

will hold Sunday services at 11:00 am
- Rev. Alan McLean, minister -

Everyone is welcome to join us at either church location.

oral wellness for the entire family
fonthill dental
Dr. Louis Albanese DDS



**COMPLETE
FAMILY DENTAL CARE
FRIENDLY STAFF**



DR. LOUIS F. ALBANESE

In office Denturist
Carmelo Cino DD

**NEW PATIENTS & EMERGENCIES
ALWAYS WELCOME!
EVENING APPOINTMENTS
AVAILABLE**

**1440 Pelham St., Fonthill
Call 905-892-6322**

*We'll give you a reason to
Smile!*



■ STUDY: Customers in Niagara spend on average \$50 per visit at or around venues

Farmers' market isn't only about the food

JEFF BOLICHOWSKI
QMI Agency Niagara

ST. CATHARINES — The social perks are up there with the dollar signs when it comes to how farmers' markets fit into Niagara, a new research brief has found.

There's a tangible financial impact to the markets — customers in Niagara spend more than \$50 per visit at or around a

\$32.06

The average amount customers spend per visit to a farmers' market.

\$18.44

The average spending per trip outside the market.

\$128.84

What repeat consumers spend at the market, on average, per month.

\$3.09 Billion

The total impact of farmers' markets in Canada, per Agriculture and Agri-Food Canada.

markets, according to the report by the Niagara Community Observatory.

But beyond the economic perks and the lure of fresh food, there are social benefits, too, said researcher Doug Hagar. He studied 12 farmers markets across the region including Pelham's Thursday evening market.

He said about 60% of marketgoers bring their children when they shop, lending farmers' markets a social role.

"I figured that we were going to see that farmers' markets were going to be struggling," Hagar said. "I was pleasantly surprised to see that the opposite is true."

He released his brief on the state of farmers' markets Thursday, at Market Square in St. Catharines.

The report found customers spend about \$32.06 each time they visit a market, plus \$18.44 at nearby businesses. And 48% of customers come back weekly.

Among tourists in Niagara to visit a winery, 48% attended a farmer's market.

Hagar said market patrons also build bonds with each other, which has a positive impact on a community's social sphere. He said many older patrons come for the community spirit.



Pelham Farmers Market is seen in this August 2011 file photo. The farmers market operates each Thursday evening in Fonthill from 4:30 p.m. to dusk.

"They really enjoy talking with vendors. They enjoy talking with other people they know at the markets," he said.

That dovetails with Kate Job's experience. The 25-year-old, who sells local organic produce at the St. Catharines farmers' market, said many customers come by just to say hello.

She said that city's market is especially strong because it's open three days a week.

"A lot of markets are only on Saturday," she said. "It doesn't really integrate with the downtown community during the week."

The municipality's marketing and event co-ordinator, Jane Bechard, said St. Catharines is planning its own surveys to gauge the market's impact.

"I think the market is definitely a major draw for the downtown core," she said.

NIAGARA FARMERS MARKETS

- Ridgeway
- Grimsby
- Beamsville
- Jordan Village
- Niagara Falls
- Niagara-on-the-Lake

- Pelham
- Port Colborne
- Brockville
- St. Catharines
- Welland
- Smithville

■ PUBLIC HEALTH: Monitoring West Nile virus

Mosquitoes check in, but not out

VICTORIA GRAY
WELLANDNEWS Staff

WELLAND — Niagara has 21 mosquito traps set up across the region that are monitored and checked once a week. They're tested for West Nile virus by people like Tara Johnston, a summer intern in Niagara Region's environmental health department.

The traps are set up in rural and suburban areas on private properties. The traps are about a metre long and are set up in trees. The top of the trap has dry ice in it, which attracts the bugs by way of carbon dioxide emissions.

Mosquitoes fly into the trap and a battery-powered fan blows into the trap so

mosquitoes cannot escape.

Johnston must remove the mesh trap from the fan and tie it shut, then send the mesh unit to a lab for testing.

This year the number of infected mosquitoes have increased. Of last week's batch of the traps in the region's 21 test sites, 10 contained West Nile virus-infected mosquitoes.

One person in St. Catharines has tested positive for the virus so far this year.

The region is asking residents to remove any standing water on their property, and wear long sleeves and bug repellent with DEET during outdoor activities.



VICTORIA GRAY Staff Photo

Tara Johnston, a summer intern in Niagara Region's environmental health department, describes how a mosquito trap works, while outside the public health office on Division St. in Welland.

■ NEW FOUR-WAY STOP ON QUAKER RD.



WAYNE CAMPBELL Staff Photo

A new four-way stop is in effect on Quaker Rd. at Clare and Line Avenues. Town council passed the change earlier this summer at a request from residents in the area. The intersection is beside Country Corner Market and close to Ecole Nouvel Horizon on Quaker Rd. Steve Bauer Trail crosses Quaker at the intersection.



Visit your Local Merchants



BREW ON PREMISE

BREW & WINE SUPPLIES

Ron Kazub

BREW MASTER



FREE SET OF BOTTLES WITH
YOUR FIRST ORDER

Phone: (905) 892-3133

Toll Free: 1-888-768-9463

Fax: 905-892-9919

wineofpelham@cogeco.net

www.wineofpelham.ca

Visit us at 191 Highway 20 East in
Fonthill (at Rice Road)

When the
electricity fails...
How will
you be
AFFECTED?

Custom Designed
Stand-by Power
Installations to Suit
Your Needs

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation

Pole Line Installation &

Aerial Bucket Truck Service

Call: 905-899-2373

Fax: 905-899-2383



**CALL FOR A FREE ESTIMATE ON A
FURNACE & AIR CONDITIONING PACKAGE**

**WE SERVICE
ALL MAKES & MODELS**

Ask about
Available
rebates

- MAINTENANCE
- FURNACES
- AIR
CONDITIONING

BOB REID

Heating & Air Conditioning
Residential - Commercial

9 0 5 - 8 9 2 - 7 7 8 7

Pelham NEWS

TO ADVERTISE
HERE CALL KIM

905.732.2414 ex.458

COMMISSO'S FRESH FOODS

We are your Back to School Store!



100% CANADA AAA BEEF

Fresh Boneless Beef Stewing Meat
Family Pack

2.99
6.59/kg



Ontario Grown
New Crop
Carrots & Onions
Product of Ontario

.69
2b bag



Molinaro's
Authentic
Stone Baked Pizza
Assorted Varieties

2.99
331-373g

Free Sign Up...
Get Yours Today!



FRESH BAKED SCRATCH

The Commisso's Fresh Foods
Fresh Savings Card...instant
savings on hundreds of
items each time you shop!



Fresh
Picnic Shoulder
Whole or Half

.99
/lb
2.18/kg



California
Large Size
Thompson Green &
Red Seedless Grapes
Product of USA

.99
/lb
2.18/kg



Country Harvest
100% Whole
Grain Bread
Assorted Varieties

1.99
675g

What makes
our Bakery
unique?

At Commisso's our breads are made from
only the freshest ingredients, and our
Master Bakers bake things the old fashioned
traditional way...from scratch.

Try our new larger size sliced rye breads
and whole wheat or multigrain breads,
perfect for lunches!



Fresh Baked from Scratch
Sliced Rye Bread
Assorted Varieties
1.99
400g



Fresh Baked from Scratch
Whole Wheat or
Multigrain Bread
2.99
900g



Master Bakers
Benji & Tony

Look for our flyer online at CommissosFreshFoods.com

Catch Our Fall Specials

*support your
local businesses and save!*

Darla-Prana Healing and Wellness Centre

Eight week programs starting Sept 17
TRY A CLASS - PAY ONLY IF YOU LIKE IT!



	Mins	Mon	Tue	Wed	Thu	Fri	Sat	
Yoga: Children's	60		5pm		10am	10am, 1pm		\$120
Yoga: Beginner	90				6:30pm			\$120
Yoga: Gentle Flow	60					10am		\$120
Yoga: Restorative	60	10am, 5pm		10am				\$120
Yoga: Kundalini	90				5:30pm			\$140
Yogalates Relaxation	45	7pm		12 noon				\$90
Wellness Inventory	90			7:30pm				\$140
Beginning Meditation	45		6:30pm				← FREE!	

Sign up for TWO 8-week series for a 15% discount!

Plus HST, Visa, MasterCard, AMEX and Debit accepted.

Register in person or call us! • 289-897-8400

www.DarlaPrana.com

www.facebook.com/DarlaPranaHealing • www.twitter.com/DarlaPrana
Suite 4 - 1462 Pelham Street, Fonthill, ON. L0S1E0



Pools · Spas · Bath Fixtures

633 King St., Welland
905.735.9131

www.aquablue.ca

Mon-Fri 9-6 • Sat 9-4



SAFETY COVERS

Limited Time Offer.

FREE UPGRADES TO COMMERCIAL SPRINGS

FREE CHEMICAL FLAP

FREE DISC COVERS

with purchase of any safety cover.



Bullfrog
251

 bullfrog

SAVE
\$2764
\$4999

- Choice of colour
- Full foam insulation
- All resin skirting
- Enduraframe lifetime structure
- Foot and calf jets
- 2 interchangeable jetpaks



Summertime Savings

support your
local
businesses
and save!

Ballet Etc...
Studio for the Arts



Fall Registration
at our Fonthill location

Saturday Sept. 8th from 11 - 2 pm

or Register via e-mail at balletetcniagara@yahoo.ca

Specializing in Classical Ballet, Jazz, Tap, Hip Hop & Lyrical.

Ages 3 and up

Recreational & Competitive Levels

Director: Jane Elliott

VOTED #1 Dance studio in the Niagara Region 2 years in a row.

St. Catharines Studio
140 Welland Ave, Unit #14
905 682 9113

Fonthill Studio
1440 Pelham St. (Beside Mossimo's)
905 892 3883

www.balletetc.ca

balletetcniagara@yahoo.ca



FREE AIRFARE*

PLUS

2 FOR 1 CRUISE FARES*

2 FOR 1 DEPOSITS*

BONUS SAVINGS
UP TO \$3,500 PER VACATION*

PRE-PAID GRATUITIES*

SHIPBOARD CREDIT
UP TO \$200 PER CABIN
ON SELECT VACATIONS*

BOOK EARLY FOR BEST FARES
LIMITED AVAILABILITY

TAKE ADVANTAGE OF THESE
EXCEPTIONAL EARLY BOOKING VALUES

Call Pam or Jim at 905 892 7900



Summer Voyages
2013 EUROPEAN & ALASKA VOYAGES

FIVE GENERATIONS

Supplied photo

Five generations of one family got together recently in Fonthill to meet one-month-old identical twin boys from Hamilton. Shown here seated are Teresa Csukerda, great-great-grandmother, holding Archer Murray Sloté and Mary Teresa Imlio, great-grandmother, holding Henry Daniel Sloté. Standing are grandfather Daniel John Francis Imlio and mother Tessa Marie Sloté.

Dr. Kimberly Dobson is excited to announce the opening of her new dental practice.



Dr. Kimberly Dobson aims to provide individuals with a comfortable and relaxing environment where we strive to exceed your expectations through professional results and our friendly staff.

SMILES WITH CARE
CALL TODAY TO BOOK YOUR APPOINTMENT

905-892-0004

20 HWY 20, UNIT 13,
FONTHILL (In the Fonthill Plaza)
Visit us on line at www.dentistryinthevillage.ca



OPEN YOUR EYES TO A WHOLE NEW WORLD

www.lasikprovision.com



FREE Preliminary Eye Exam
until September 15th + \$100 OFF
To see if you are a candidate for Lasik Surgery
LASIK PROVISION'S GIFT TO YOU!

BOOK NOW! LIMITED TIME OFFER
See Now, \$0 DOWN 0% INTEREST
Pay Later!
Expires September 16th, 2012

ZEISS

Lasik
Technologies

6800 Morrison Street, Niagara Falls • 905.371.3217 or 1.888.510.2020

sobeys

EVERYDAY LOWER PRICES

We've lowered our **EVERYDAY** prices on thousands of items throughout the store!

BELIEVE IT!!!

EVERYDAY LOWER PRICE
\$2.99 /L.B.

WAS 3.49 /lb. **PORK LOIN COMBO CHOPS**
Prod. # 9120, 2 Méd. Chops, 6.50/lb

EVERYDAY LOWER PRICE
\$2.49 EACH

WAS 3.49 1 kg or 2 lbs Arborio Rice, 1 kg

VITA SANA GNOCCHI
Vita Sana Gnocchi

EVERYDAY LOWER PRICE
\$1.99 EACH

WAS 2.49 DIR CECCO PASTA
500 g

DIR CECCO

EVERYDAY LOWER PRICE
\$1.29 /100 G

WAS 1.79 /100 G **SAN DANIELE MORTADELLA**
Selected

EVERYDAY LOWER PRICE
\$1.19 /100 G

WAS 1.69 /100 G **SALERNO SUPREME MOZZARELLA CHEESE**
FRESHLY MADE IN HAMILTON

EVERYDAY LOWER PRICE
\$6.99 EACH

WAS 8.49 SUNLIGHT LIQUID LAUNDRY DETERGENT
26 - 32 Uses

EVERYDAY LOWER PRICE
\$2.99 EACH

WAS 3.99 **JUMBO CANTALOUPES OR MINI SEEDLESS WATERMELONS**
Product of USA, No. 1 Grade

SUNLIGHT

17 Locations Happy to Serve You!

These Everyday Lower Prices are at the following locations only

177 GOOLPLANE RD. OPEN 24 HOURS	486 OXFORD AVENUE, OPEN 24 HOURS	105 BRANT STREET, OPEN 24 HOURS	105 BISHOP STREET, OPEN 24 HOURS	104 BURLON STREET, OPEN 24 HOURS
140 GOOLPLANE RD. OPEN 24 HOURS	140 GOOLPLANE ROAD, OPEN 24 HOURS	141 BRANT STREET, OPEN 24 HOURS	141 BISHOP STREET, OPEN 24 HOURS	144 BURLON ST., OPEN 24 HOURS
107 WOODSTICK ROAD, OPEN 24 HOURS	107 WOODSTICK ROAD, OPEN 24 HOURS	143 BISHOP STREET, OPEN 24 HOURS	143 BISHOP STREET, OPEN 24 HOURS	146 BURLON ST., OPEN 24 HOURS
107 BISHOP STREET, OPEN 24 HOURS	107 BISHOP STREET, OPEN 24 HOURS	145 BISHOP STREET, OPEN 24 HOURS	145 BISHOP STREET, OPEN 24 HOURS	148 BURLON ST., OPEN 24 HOURS

Visit Sobeys.com for our e-flyer, recipes and more information.

HERE'S our CARD

**Keep The Numbers Of These Locally Owned Businesses
For Your Service & Shopping Needs**

J&S

* AUTO * TRUCK * INDUSTRIAL REPAIRS

JEFF PIETZ

Telephone • 905-892-4271

278 Canboro Road West
Ridgeville, Ont. L0S 1M0

Having Electrical Problem?
Get reliable professional service
at a reasonable price

No Job Is Too Small!

Commercial - Industrial - Residential
• Service panel upgrades • New wiring rewiring
• Energy Efficient upgrades • Troubleshooting & Repairs

ACB Electrical
Alex Boever MASTER ELECTRICIAN aboever@sympatico.ca ECR#W700313U
905 - 892 - 4988
www.acbelectrical.com

ALLTYPE

MASONRY &
CONSTRUCTION
In Business over 30 Years

Brick • Block • Stone • Concrete
Additions • Home Repairs • Chimney Specialists

TOM DEAMUDE

Tel: 905-892-1924
Cell: 289-241-4767

**Fonthill
Montessori
Preschool**

1 Pancake Lane - Glad Tidings Church of God
Call for Appointment: 905.892.0522
"An Enriching Academic Program For Your Child"

**Caltron Concrete
Restoration Limited**

Niagara's Experts in Concrete Problems
State-of-The-Art Product & Techniques

- Water Stoppage
- Inside & Outside Repair
- Concrete rehabilitation
- Parging, Repair
- Concrete Toppings
- Block & Brick Repair

20 Years Serving Niagara Region
Bonded & Insured

905-374-9087
www.caltronconcrete.ca

5933 Swayze Dr., Niagara Falls, ON

OCCUPY THIS SPACE
For Only \$20⁰⁰
Per Week
Based on 13 Weeks
Call 905-732-2414 x.458

■ pelhambriefs

WEB LINK TO KIESS

The inaugural Operation What Are Friends For? golf tournament in support of Rick Kiess and his family takes place Sunday, Sept. 23, at Whiskey Run Golf Course in Port Colborne.

The self-employed Welland contractor was injured on the job in June and the tournament is meant to help his family financially as they move forward during this difficult time.

To register for the tournament or to make a donation to the cause, visit kiessadamm.wix.com.

STUDENTS TO BE SAFER

The City of Welland is investing in the safety of school children.

Last week city council approved spending about \$75,000 on 24 solar-powered flashing signs to warn motorists to watch for students crossing streets.

The flashing beacons, to be purchased from Trofco Canada Ltd., will be installed at various locations, including on Quaker Rd., between Montgomery and Kaywood Rds., on First Ave. between Cedar Park Dr. and Quaker Rd., on Thorold Rd. between Clare Ave. and Endlewood Drive, between St. John and Welland Aves. and in Golden Blvd., on Southworth St. between Sauer Ave. and Ontario Rd., and on Fitch St. between Wilson Rd. and Aquador Dr.

Funding for the purchase was included in Welland's 2012 budget.

Do you know someone who would like to receive the

Pelham News
by mail?



**Toddlers - Preschoolers
JK/SK Full Day Classes**

- Small Classes
- Snack provided
- French Lessons daily
- Before & After school programs
- Dedicated qualified staff



SISTER ACT WRAPS UP BANDSHELL

Supplied photo

The Sister Act Band, sponsored by Zest, will wrap up the Fonthill Bandshell 2012 season on Thursday, Sept. 6. The Sister Act Band is one of Niagara's favourite classic rock bands. These two dynamic sisters perform cover music ranging from Classic Rock to Top-40 hits. They have musically performed together for over 10 years at a variety of venues such as Casinos, Niagara Parks, private and corporate functions, festivals, and opening for headline bands such as Bad Company. Band members are Tara Lister vocals, Melinda Fetzer vocals, Tom Koncan drums, Dante Dicensi bass, Terry Pracchia guitar, and Rob Kilian keyboards. Band performs from 7 p.m. to 9 p.m. at the Fonthill Bandsshell in Pelham Peace Park.

AROUND TOWN

THURSDAY SEPT 6

FONTHILL BANDSHELL

Sister Act a classic rock and top 40 band from Niagara, sponsored by Zest Restaurant wraps up the Fonthill Bandshell season. In its seventh season, the Fonthill Bandshell Thursday evening concerts are in Pelham Peace Park, run from 7 p.m. to 9 p.m.

SUNDAY, SEPT. 9

WALK OF HOPE Niagara region's five kilometre Ovarian Cancer's Walk for Hope at Harold Black Park, 953 Heist St., Fonthill. Registration 10 a.m., walking ceremonies 11 a.m., walk begins 1:30 p.m. Part of a national Walk of Hope.

MONDAY, SEPT. 10

ART CLASSES WITH BEVERLY SNEATH Adult Classes Acrylics Monday afternoons from 12:30 p.m. to 3:30 p.m., starting Sept. 10, and Wednesday 6 p.m. to 8:30 p.m. at the Studio 1341 Effingham St., Ridgeville. Watercolour Tuesday afternoons from 12:30 p.m. to 3:30 p.m. at Niagara Central Hobsons 395 St. Paul St., St. Catharines. Call 905-892-5868 beversneath@yahoo.ca www.beversneath.com

BEVERLY SNEATH**CLASS****ACRYLICS****WATERCOLOUR****MONDAY****12:30 p.m. to 3:30 p.m.****WEDNESDAY****6 p.m. to 8:30 p.m.**

TUESDAY, SEPT. 11

TUESDAY BINGO NIGHT

St. Ann Fenwick, Tuesday Night Bingo 7 p.m., 834 Carbone Rd., Fenwick. Chance to win \$100. Wheelchair accessible. Info 905-892-6123. Runs every week, all welcome.

SATURDAY, SEPT. 22

PELHAM CORNERS SCHOOL REUNION At 1 p.m., to 4 p.m. Pelham Friends Church, 940 Haste Street South. Donation for refreshments \$5. For information www. pelhamcornersreunion.webs.com

SATURDAY, OCT. 20

PELHAM HIGH REUNION The 7th Pelham (District) High School Reunion will be held on from 1 p.m.-5 p.m. at Sparrow Lakes Golf Club, 105 Pelham Street, Welland. Registration is \$10. The door. For more info e-mail pelhamhighreunion@gmail.com or call 905-892-7070.

ONGOING

ST. ALEXANDER PASTA NIGHT first Friday of every month at St. Alexander Church, Town Square, Fonthill. Admission: \$9 for adults, \$4 for children age four to 12 and children under three free. All you can eat red and



Richard Brown
SALES REPRESENTATIVE

ROYAL LEPAGE

Niagara Real Estate Centre Inc., Brokerage

Office: 905-892-0222

Cell: 905-631-5143

rbrown@royallepage.ca

www.homein Niagara.com

637 Niagara St., Unit #2
Welland, Ontario*"Selling Throughout Niagara"*

FONTHILL LEGION LUNCH each Friday from 11:30 a.m. to 1 p.m. at Royal Canadian Legion Branch 613 hall on Regional Rd. 20 east of downtown Fonthill. \$9 with takeout available. Main dish plus dessert, tea and coffee.

ALZHEIMER SOCIETY of

Niagara Region Support Groups for Caregivers meets the first Tuesday of each month, 1:30 p.m. to 3 p.m. at Rapete Lodge, 277 Plymouth Rd., Welland. For info call 905-67-3934.

Around Town is a coming events section for non-profit groups in Pelham. Please make submissions by e-mail to wayne.campbell@sunmedia.ca or by fax to 905-732-3660.

Place it! Sell it!



Sit back and relax!

classifiedextra.ca delivers a powerful combination of newspaper and online advertising which is the preferred choice of Canadian consumers for delivering fast and effective results!

Canada's largest print and online classifieds network

classifiedextra.ca

canoe.ca

A Quebecor Media Company

YAHOO!

CANADA

By phone: 1-866-541-6757

Online: placeit.classifiedextra.ca

Leaf Source

STOPS PAIN WITHIN DAYS!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to be limited and ability to help people get their mobility and zest for life

back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone. Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

BONUS SIZE
75's & 150's
while supplies last



**LOSE THE
PAIN**
LeafSource

**\$300
OFF** 60's
& 150's

The Healthy Cupboard

WITH COUPON EXPIRES SEPTEMBER 15th, 2012



Tanya and
Ian Birrell
Owners of
The Healthy Cupboard

NEW
WEBSITE
TWO
LOCATIONS

PORT COLBORNE
101 CLARENCE STREET
(across from Food Basics)
905 835.9806

www.healthycupboard.ca • healthycupboard@gmail.com

FONTENHILL
111 #20 EAST
(Across from Sobeys)
905 892.9054

The Healthy
Cupboard